

Church Hill Academy

Wellness Policy

2018-2020 Triennial Assessment

Overview & Purpose

In accordance with the Final Rule of the Federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: 8VAC20-740, **Church Hill Academy** presents the 2017-2020 Triennial Assessment which includes the timeframe from **2018-2020**. The Triennial Assessment indicates updates on the progress and implementation of **Church Hill Academy's** Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The school(s) included in this Triennial Assessment are:

Church Hill Academy

Wellness Policy

The **Church Hill Academy** Wellness Policy can be found at www.churchhillacademy.org. **Church Hill Academy** updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through the school's website.

School Wellness Committee

Church Hill Academy's Health and Wellness Coordinator has the authority and responsibility to ensure the school complies with its wellness policy. The Health and Wellness Coordinator reviews and updates the policy at least once per year. One area of improvement for **Church Hill Academy is in allowing and encouraging the school community to participate more in the Wellness policy process**. Thus far, the school community has been only marginally involved.

Wellness Policy Compliance

Church Hill Academy must conduct an assessment of the Wellness Policy every three years, at a minimum. The final rule requires State Agencies to assess compliance with the Wellness Policy requirements as a part of the general areas of the Administrative Review every three years.

The school is largely in compliance with wellness policy regulations, but the one area in which we are out of compliance is in the way our policy is communicated to the public, and its lack of community involvement in making changes and updates to the policy.

Use the charts below to assess whether requirements are being met. Indicate that requirements are met by adding a checkmark to the "Met" column. If requirements are not met at all schools, indicate which schools are out of compliance in the "Not Met" column.

**Standards and Nutrition Guidelines for all Foods and Beverages Sold
 (Question IV on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	X	
We have implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: a la carte offerings, items in school stores, and items in vending machines.	X	
We follow Church Hill Academy's policy on exempt fundraisers as outlined in our Division's Wellness Policy. <i>This language may be replaced with the requirements stated in your Wellness Policy, not to exceed 30 exempt school-sponsored fundraisers per school year.</i> <i>Note: Though we have met the requirements, the language related to fundraising was not included in our wellness policy but will be added.</i>	X	

**Standards and Nutrition Guidelines for all Foods and Beverages Sold
 (Question V on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
We follow Church Hill Academy's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy. <i>"Each day, Church Hill Academy (CHA) will provide its students access to a free breakfast and lunch. These meals will include a variety of healthy choices and will also accommodate any students who have special dietary needs. The school participates in the USDA National School Lunch and Breakfast program (NSLP), a federal program that provides reimbursement for nutritionally balanced meals."</i>	X	

Policy for Food and Beverage Marketing

(Question VI on VDOE School Level Report Card)

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	X	

Description of Public Involvement

Standard/Guideline	Met	Not Met
Church Hill Academy permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, and representatives of the School Food Authority, teachers of physical education, school health professionals, the School Board, and school administrators.		X

Description of Public Updates

Standard/Guideline	Met	Not Met
The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy.		X
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2020.		X

Description of Policy Leadership

Standard/Guideline	Met	Not Met
Church Hill Academy established a Wellness Policy leadership of one or more LEA's and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.	X	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
The Local Wellness policy will be overseen, reviewed and updated by Church Hill Academy's Health and Wellness Coordinator <i>at least</i> once every three years. Widespread policy updates will also be made in response to the triennial policy review.	X	

Quality of Wellness Policy

Thoroughly reviewed by USDA Food and Nutrition Service, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the final rule.

Our wellness policy was not nearly as thorough as the model wellness policy. We are missing information on how our policy will be implemented, monitored, and revised. The model policy is also organized much better than ours, with clear sections related to each policy requirement.

Our initial policy was developed just prior to our first FPAR (2018) and was put together hastily. In comparing our policy to the model policy, it is clear that we need to spend more time developing our policy so that it is actually a useful document for our school community.

Another area of growth when compared

Progress towards Goals

We have been successful in meeting our goals as outlined in the school wellness policy, prior to the 2020-21 school year. That being said,

**Progress towards Nutrition Promotion and Education Goals
 (Question I on VDOE School Level Report Card)**

Description	Met	Not Met
Students will receive consistent nutrition messages throughout the school, classrooms, and cafeteria. Health and science teachers will explicitly integrate nutrition education into their class curricula. Additionally, the school will provide and promote nutrition education through the following avenues: <ul style="list-style-type: none"> • Providing students with the opportunity to work in an urban garden. 		X We have not used the smarter lunchroom self

Description	Met	Not Met
<ul style="list-style-type: none"> • Providing students with the opportunity to serve on student nutrition advisory council. • Encouraging teachers to model healthy eating to their students. • Utilizing the <u>Smarter Lunchroom Self-Assessment</u> once per year and making changes to cafeteria, menus, etc, accordingly. 		assessment each year as stated in the policy.

**Progress towards Physical Activity Goals
 (Question II on VDOE School Level Report Card)**

Description	Met	Not Met
<p>All students will take two physical education classes before graduating. Physical education classes will provide students with the opportunity to engage in moderate to vigorous physical activity. Currently, our PE curriculum is still being developed, but CHA aims to provide students with physical education that is sequential and meets the needs of all school students, even those who are not athletically gifted. PE classes will teach students the merit of physical activity and will aim to help students understand the ways in which they can continue to make healthy physical and lifestyle choices even after they are out of school. In addition, all students at CHA will have the opportunity to engage in physical activity each day during a 30 minute period prior to lunch.</p>	X	

**Progress towards other School-Based Wellness Activity Goals
(Question III on VDOE School Level Report Card)**

Description	Met	Not Met
All high school students will have the opportunity to participate in extracurricular activities that promote physical fitness and wellness. Currently, these activities consist of cheer/dance, and basketball. The school is committed to expanding its extracurricular offerings by listening to student interests, publicizing already existing opportunities, and developing partnerships that align with this goal.	X	